

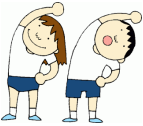
TIPS FOR REDUCING COVID-19 ANXIETY



Do what you can to reduce your exposure risk. By doing this you are taking care of yourself and others.



Maintain some of your routine. Get up, take a shower, brush your teeth, dress in something other than your pajamas even if it is another pair of sweats, eat breakfast and then move on with your day.



Get a workout in. Make it a family event and have your spouse and kids join you. Take the dog out for a walk. Moving helps with mental health and gives your immune system a boost.



Eat healthy meals at regular intervals and don't go through a month's worth of snacks all in one setting. Keeping on some sort of schedule helps keep a feeling of normalcy.



Connect with others. Remember that friends you didn't have time to call in the past month or year, now is a great time to reconnect. Instead of visiting an older family member; call them on the phone.



Give grace. Everyone responds to crisis, stress and fear differently. Make sure that we all are giving grace to our family, friends, neighbors, and strangers in this unprecedented time.



Use reputable sources of news and avoid speculation and rumors. Check out sources such as CDC, KDHE, and Reno County websites for up to date information on the COVID-19 outbreak.



Give yourself a break. It's okay to not be the perfect version of yourself that you think you should. Make sure that basic needs are being taken care of. So what if the family had PB&J's for the 6th time this week.



Remember that we are resilient and we will get through this together! If you need help do not be afraid or ashamed to call someone and ask for it.